



# Pacific Swim Spring Schedule

Effective April 13, 2009 through June 13, 2009

<b>Beginner Novice</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos	
4:00 - 4:30pm	Doubletree	Doubletree	Doubletree	Doubletree	Doubletree	
10:00 - 10:30am						Arbolitos

<b>Advanced Novice</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 - 5:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos	
4:30 - 5:30pm	Doubletree	Doubletree	Doubletree	Doubletree	Doubletree	
9:00 - 10:00am						Arbolitos

<b>Blue Group - Age Group Competitive (Coach Owen)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
4:00 - 6:00pm	Frog's	Frog's	Frog's	Frog's	Frog's	

<b>Red Group - Age Group Competitive (Coach Diana, Coach Robby, and Coach Marko)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
5:30 - 7:00pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Frog's	

<b>Green Group - Age Group Competitive (Coach Grace)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
5:30 - 7:30pm	Doubletree	Doubletree	Doubletree	Doubletree	Poway	

<b>White Group - Entry Level Competitive/Water Polo Conditioning (Coach Carolayn)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30pm	Frog's	Frog's	Frog's	Frog's	Doubletree	

<b>Silver Group - Pre-Senior Group Competitive 13 and over (Coach Alex and Coach Marko)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
5:30 - 7:30pm	Poway	Poway	Poway	Poway	Poway	

<b>Gold Group - Senior Group (Coach Dan and Coach Eddie)</b>						
Schedule changes regularly; please e-mail Coach Dan ( <a href="mailto:danpeck@swimsmarter.com">danpeck@swimsmarter.com</a> ) for current times and locations.						

**Doubletree Golf Resort San Diego**

14455 Penasquitos Drive  
San Diego, CA 92128

*Located just west of the I-15 from Carmel Mountain Ranch*

**Frog's Fitness at Carmel Mountain Ranch**

12171 World Trade Drive  
San Diego, CA 92128

*Located near Home Depot in Carmel Mountain Ranch*

**Poway Community Swim Center**

13094 Civic Center Drive  
Poway, CA 92064

*Located near the Poway Library and Poway Police Station*

**Rancho Arbolitos Swim and Tennis Club**

14343 Silverset Street  
Poway, CA 92064

*Located near the Target center at the corner of  
Twin Peaks Road and Ted Williams Parkway*